



Make plans to attend 4-H Camp!

July 20-July 24, 2015



This year's theme is
"4-H Super Heroes"

For those Age 8-12yrs
(as of your age on Oct. 1, 2014)

Apply by going to the county Extension website at
<http://flathead.mt.gov/extension/downloads.php>



Fees: \$110.00 for existing
4-H Members, \$125.00 for all oth-
ers *scholarships available

Registration DUE by July 1





STATE 4-H CONGRESS

Please contact the Extension Office asap if you are interested in attending
MT State 4-H Congress in Bozeman on July 7-10.

What is State 4-H Congress?

A safe and fun state activity for 4-H members ages 14-18 (as of your age on Oct. 1, 2014). During this event, you will travel to Bozeman, stay in the MSU dorms and participate in contests, workshops, entertainment, social events, and much more.

What does State 4-H Congress cost?

The cost is **\$220 per participant** and includes program fees, housing & meals during event (you'll want to bring extra spending money for meals during travel times).

**some scholarship available*

Deadline for Registration to our office is Weds., June 10, 2015.

That way we'll have enough time to get our county's packet off to the state.

Please call the Extension office if you have any questions: 758-5553



Dog obedience classes will start June 22nd and will run up to the week of the NWMT Fair. Dogs will learn how to meet friendly strangers and sit politely for petting. Distractions will be presented in class, such as having a goat walk through while the dogs are doing a "down, stay" or a "sit, stay."

Classes are open to 4-H and the general public. Fees are:
General Public - \$60.00; 4-H/F.F.A - \$10.00

The first class will start with a video and overview of the classes then participants will register for the days that work best for their schedule. No dogs at the first class. Once a dog has taken the class, it can come back for FREE for the rest of its life. If anyone would like to come back as a returning student, please call Anni to make a reservation.

For more information and to sign up, call Anni Sutkus @ 892-5383





FREE Milk and Cookies Event

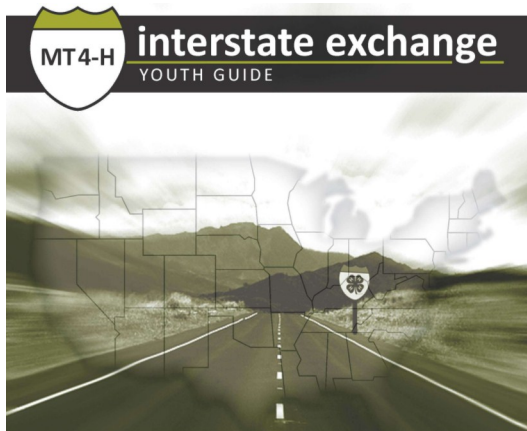
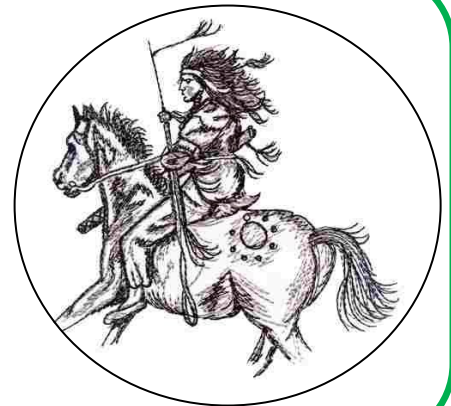
Kalispell Creamery and Hedstrom Dairy is hosting their 5th Annual Milk and Cookies Open House on Saturday, June 20th from 11:00 am-3:00 pm.

The open house is located at 400 Lost Creek Drive, Kalispell.
Bring your family for a day of cow exploration!

Little Chief Award - sponsored by Western Outdoor

The purpose of this award is to recognize an outstanding senior 4-H member who demonstrates exceptional Citizenship and Community Service. Winners must show evidence that they have acquired positive life skills through their activity record and stories. Winner receives a specially designed belt buckle.

Applications are due to the Extension Office by Thursday, July 30th, 2015 and are available in the Extension Office or online at:
flathead.mt.gov/extension/downloads.php



HELP!! 4-H Interstate Exchange NEEDs Silent Auction Items

The goal of 4-H is to educate youth and adults for better living in a global and ever-changing world. Each state in our nation is unique, but we also share similarities, such as... we ALL have 4-H programs.

From June 20-26, some of our Flathead 4-H members are scheduled to host a group of 4-H members from Mercer County, Ohio. Next year our group will then travel to Ohio. In order for our kids to be able to host approx. 20 people from Ohio and then turn around and fly to Ohio next year, they'll need to do some serious fundraising.

Please plan to support our Flathead 4-H Interstate Exchange members at the Silent Auction in the livestock building at the fairgrounds on **Saturday, August 22th.**

Also, **please consider donating** an item and/or service to support this cause. You are welcome to drop-off your item or certificate for service at the Extension office, or contact one of the 4-H Interstate Exchange members or Wendy Morris at 261-3605.

THANK YOU!! FROM THE 4-H INTERSTATE EXCHANGE MEMBERS...

Brittany Hendrickson ~ Caitlin Morrison ~ Cheyenne Ovnicsek ~ Jenna Skonord ~ Maggie Rudbach ~ Melissa Maitland ~ Riley Olson ~ Tia Evenson ~ Tristan Smith ~ Zoe Dugan

ATTENTION!!

ALL market livestock members must have their livestock projects and ONE OTHER 4-H project checked-off by their livestock leader before Monday, August the 3rd.



The ***Drug Withdrawal & Commitment to Excellence*** form are due to the Extension office by Monday, August 3rd (same as fairgrounds deadline date for registering for fair).

Download forms at: flathead.mt.gov/extension/

Flathead 4-H Members in Washington for the Spokane Junior Livestock Show

Anna Morrison took her market lamb to the grand drive and she was selected as the Champion Junior Showman. Bailey Lake had the Champion 4-H Market Lamb, Champion 4-H Breeding Ewe and was selected as the Reserve Champion Intermediate Showman. After that the girls spent their extra time volunteering in the barn.

**CONGRATULATIONS Anna & Bailey
Way to REPRESENT Flathead 4-H!!**



Tuesday Night Rides with 4-H Horse Leaders

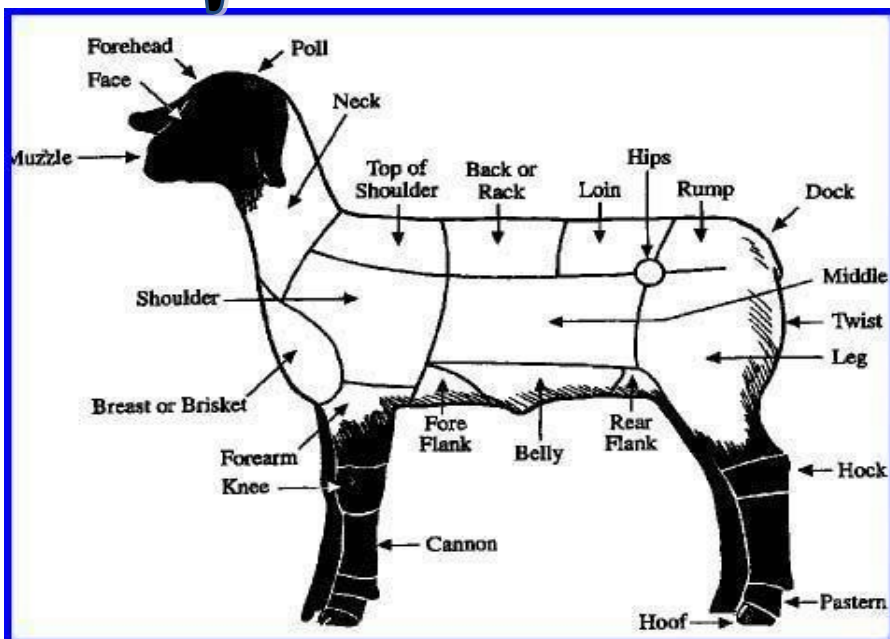
ALL 4-H Horse Members can come out to the Fairgrounds from 5:30-7pm and ride with a certified leader. Ranch Horse trainings will also be offered every 1st & 3rd Tuesday from 5:30-7pm at the fairgrounds also.

Horse ASSESSMENTS & Horse Cards DUE by June 1



HEY! Sheep project members!

Do you know your parts??



CONGRATULATIONS!

Flathead County 4-H GRADUATES



<u>FIRST NAME</u>	<u>LAST NAME</u>	<u>YRS IN 4H</u>
Tali	Carmalt	9
Sam	Clarín	7
Mallory	Crusta	8
Natashia	Dutton	8
Jared	Dyck	3
Jayme	Evenson	13
William	Falk	6
Brandon	Hendrickson	10
Nicole	Houston	7
Amanda	Kauffman	9
Arik	Lybeck	11
Morgan	Marvin	12
Jamie	Meyer	1
Seth	Probert	12
Megan	Pugh	3
Monique	Schoech	3
Lindsay	Strouse	6
Nora	Underhill	5
Moriah	Venable	6
Lindsay	Wendt	5

Club Leaders - MARK YOUR CALENDARS

There will be an "Award Banquet Planning Meeting"

On **August 4th @ 5:45pm** in the
4-H building on the fairgrounds

Please plan to send at least one adult leader from your club to this meeting, which should last about 30-40min. We will be discussing the Sept. 12th 4-H Awards Banquet, and your representative will be responsible for getting your club all the important information.

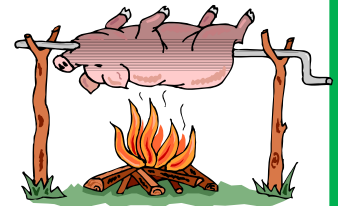
ALL clubs need at least one person to represent them at this meeting

Don't forget to SAVE THIS DATE!
Saturday, Sept. 12



The 2014-2015 4-H Achievement & Adult Leader Awards Banquet will be held on Sat. Sept. 12th in the Expo building on the fairgrounds.

Plan to bring a few pot luck items and your entire family, and join fellow club members in support of all those who will be receiving awards.



Volunteers Needed at Fair!

General Projects- Expo Building

"General Projects" volunteers will need help checking in hundreds of 4-H entries on Monday, August 17th. If you can help, please call Linda at 837-5091 or Marcia at 755-1262.



FAIR REMINDERS!

- All rabbits must be permanently tattooed for identification if they are coming to Fair.
- All market sheep should be slick shorn within 5 days before show day: August 18th.
- All Market Livestock members are required to wear appropriate foot wear (closed-toe, sensible shoes that are not made of canvas) when handling their animal at all times during the NWMT Fair.
- Horse members may not wear fashion boots or tennis shoes.

DON'T MISS FLATHEAD COUNTY'S **2015 Agape' Classic - Junior 4-H Livestock Show**



WHEN?

July 11, 2015; Hogs & Lambs weigh-in @ 8am
Beef Hip Height @ 11am

WHERE?

Flathead County Fairgrounds

WHAT ELSE DO I NEED TO KNOW?

Open to all 4-H, FFA & Jr. Association Members

Market Steers, Lambs & Hogs - \$15 per class

Breeding Heifers & Lambs - \$15 per class

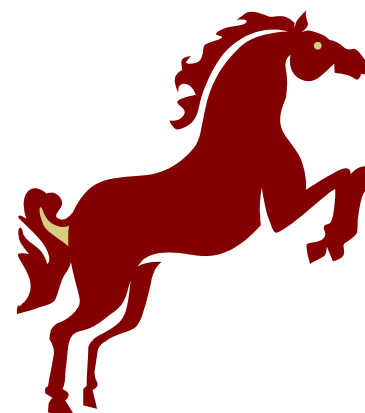
Showmanship Beef, Lambs & Hogs - \$5 per class

Registration packets available online at: www.flathead.mt.gov/extension

Flathead County 4-H Horse Camp Gives THANKS!!!

Was held on May 1-3, 2015 at the Flathead County Fairgrounds with about 45 youth and 30+ adults in attendance.

CONGRATULATIONS and **MANY, MANY THANKS** to those volunteer leaders who worked so hard putting the camp together. Without our 4-H Volunteers, our kids who love horses (and their families) would have missed out on such a great opportunity!!





Upcoming 4-H Meetings and Special Events



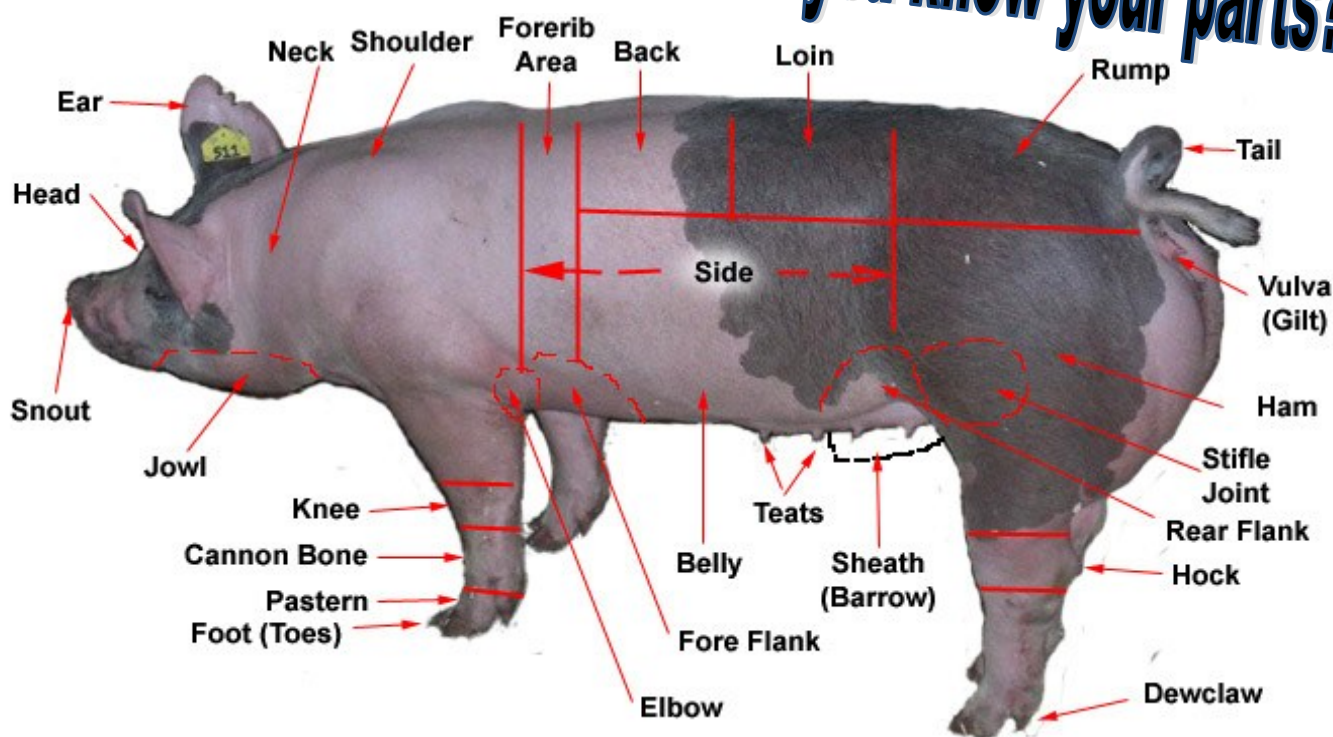
Upcoming Activities & Other Meetings

- ◇ Cloverbud Meeting: *Thursday, May 28 - Expo Bldg.*
- ◇ Cloverbud Camp *June 5-7*
- ◇ Dog Obedience Classes: *June 22.*
- ◇ State Congress: *July 7-10 in Bozeman.*
- ◇ Agape 4-H Livestock Show: *July 11 at the Fairgrounds.*
- ◇ Flathead 4-H Camp: *July 20-24*
- ◇ Little Chief Award application: *due July 31st.*
- ◇ NW MT Fair: *August 15-23.*
- ◇ Interstate Exchange Silent Auction: *Saturday, August 22nd.*
- ◇ 4-H Awards Banquet: *September 12*

Forums, Committees & Councils

- Ag/Livestock Committee: *Thursday, June 4th at 5:30pm in the 4-H Building at the fairgrounds*
- Flathead 4-H Foundation: *Thursday, June 4th at 6:45pm in the 4-H Building at the fairgrounds*

HEY! Hog project members!
Do you know your parts??





MSU Extension Service – Flathead County

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Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Cowboy Caviar



Makes: 16 (1/2 cup) servings Prep: 10 mins

Ingredients:

1 (15 oz.) can kidney beans, drained
1 (15 oz.) can black beans, drained
1 (15 oz.) can corn, drained
1 (15 oz.) can crushed tomatoes
1(4 Oz.) can chopped green chilies, drained
¼ cup finely chopped onion
3 limes juiced
1 TBSP vegetable oil
Salt and pepper to taste

Directions:

Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.

Add lime juice, oil, salt, and pepper; toss gently to combine.

Serve by itself or with tortillas chips.

Nutrition Facts:

Calories	90	Sodium	260mg
Total Fat	1.5g	Carbohydrates	17g
Cholesterol	0mg	Protein	4g

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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